

oOrder of Service  
October 17, 2021  
**“Empathy”**  
Rev. Karon Sandberg

**Gathering**

Enter, Rejoice, and Come In

**Welcome and Announcements**

**Chalice Lighting**

**Leader:** We light this chalice as a symbol of the new life enlightening our way, as a symbol of the warmth in every human heart.

**All:** Love is the doctrine of this congregation. The quest for truth is our sacrament and service is our prayer. To dwell together in peace. To seek knowledge in freedom. To share our strength in fellowship. Thus do we covenant.

**Connecting**

**Opening Words:**

**The Heart of Our Faith** by Monica Jacobson-Tennessen

What is it

That calls you here

That calls you onward

That calls you inward

That leads you homeward?

What is it

That gives you the power

To make that change

To ask that question

To take that journey?

What is it that says you have done well  
That asks you to learn more  
That brings you to stillness  
That holds you up in hard times?

It is relationship  
The beating heart of our faith.

It begins when we share  
This hour  
Our truths  
This air  
Our hearts.  
Come, let us worship together.

**Opening Hymn: Come, Come, Whoever You Are # 188**

**Joys and Concerns**

**Silent Meditation**

**Reading:** Empathy, a video by Dr. Brene Brown

**Presentation: “Empathy”** by Rev. Karon Sandberg

**Closing Hymn: We Are** by Yashe Barnwell and the UUA General  
Assembly Choir

**Closing Words: Prayer for Compassion** by Elizabeth Tarbox, slightly edited

Spirit of Life, I give thanks for the opportunities to love that present themselves in the turmoil of life.

Where the light catches the tears in another's eyes, where hands are held and there are moments without words, let us be present then, and alive to the possibility of changing. Let us seek to make another's well-being the object of our concern. Let us seek to be present to another's pain, to bathe another's wounds, hear another's sadness, celebrate another's success, and allow the other's story to change our own.

Let us stand in the morning on damp grass, hear the syllables of bird song, and fill up on sweet air that rolls over oceans and continents. Let us look up at the stars and the planets that fill the night sky with majesty. And for all this, let us be grateful.

**Shalom**

**Next week: "Where Have All the Endorphins Gone?"** with Carrie Arnold

It is time to laugh again. Covid has stolen and continues to steal not only our physical well-being, but our mental health as well. While we are still advised to be cautious about sharing physical contact like hugs, which are huge sources of happiness hormones, it's no laughing matter to realize how beneficial the endorphins released by humor and laughter can be to our physical and mental health. Bring your funny stories and memories to share.

Carrie Arnold is a retired prison chaplain who has founded a home church and has been one of our regular, much appreciated speakers over the last few years.